



May Observances

- Fitness Month
- Military Spouse Appreciation Month
- Tiara Day
- Cinco De Mayo!
- Memorial Day

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YOUNGSTOWN AIR RESERVE STATION

Airman & Family Readiness Bulletin

SMSgt Steven Bennett of 76 APS Wins 2007 Volunteer Excellence Award



Congratulations to SMSgt Steven Bennett, 76th Aerial Port Squadron for receiving the 2007 Volunteer Excellence Award for Youngstown Air Reserve Station.

SMSgt Bennett is heavily involved in the leadership and parenting of the Hudson City Recreational Soccer League, holding the position of Director. He also holds the position of Sachem (President) of the Hudson area YMCA Princesses Parent-Child program. These programs

touch over 1,000 children and their families. SMSgt Bennett's commitment to these programs was shown in the over 550 hours of volunteer work he put forth.

The Volunteer Excellence Award is an annual Family Matters program for the Air Force. SMSgt Bennett's award package has gone on to AFRC for consideration of the award at the MAJCOM level.

Want to know how to volunteer? Call us!

A New Name—Continued Support

In response to the high operations tempo necessary focus on mission readiness and to make sure that single Airmen know our services are available and meaningful for them, Family Support has changed our name Air Force wide.

The new name, *Airman*

and Family Readiness Office, is the only change though.

Our mission and desire to support military members and their families adapt to the military way of life and deal successfully with deployments is unchanged.

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How to Make Your World Right in 30 Seconds

Courtesy of O Magazine, May Issue

Yeah, sure. All's right with the world in *30 seconds*? Even drugs don't work that fast. But scientists and economists have begun to study happiness in a rigorous way, and they're learning a few new things about emotional elevation—including several proven ways to give yourself an instant mood lift without the guilt of a Godiva binge or shopping spree:

- **Tell a good joke.** Seriously. Hearing someone else laugh triggers a response in areas of your brain related to smiling, according to research from Univer-

sity College, London.

- **Pull out a photo album.** A survey conducted by a British psychologist queried subjects about their mood before and after they ate chocolate, drank wine, listened to music, and gazed at photos of loved ones. Only the photos gave a noticeable lift—an 11% improvement.
- **Be affectionate with your partner.** A study from the University of North Carolina found that women who got several hugs a day from their husbands had significantly lower blood

pressure than those embraced less often. Another study using fMRI's showed women's brains to be far less reactive to the threat of mild electrical shock when holding a loved one's hand vs. a stranger's.

- **Ask an office mate how they're doing.** A recent study from Spain found that professional support—including a good relationship with co-workers—will help make your job far more satisfying and absorbing

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.

W. Earl Hall



On the Road Again

Do you want to go somewhere wonderful, but don't have much of a budget?

Being associated with the military is a benefit in this area. The trick is to check out the offers publicized by the Government and Armed Forces Travel Co-

operative Newsletter. This newsletter features beautiful destination and lodging information that includes great rates for military community members and their families.

You can sign up for their newsletter at

www.govarm.gov



The Director's Corner (... or how you can feel the love)

My mom lives in Oregon.

Okay, so here's a quick Air Force test: what installations are in Oregon?

Yep, Portland, which is closing in 2010.

When I moved to Ohio, my mom's droll comment was "well, it's an 'O' state: that's progress." But she understands I am committed to working with military members and families. That's what I do and what I love. And she loves me.

But it makes it hard to be away from her on special occasions like Mother's Day. It seems no matter what I do or send, it cannot possibly convey the truly special feelings I have for my mom and all she is in my world.

Ugh.

This problem is not unlike any of the circumstances we face in communicating while tdy at school, deployed, or away for a week on a mission. But we all have to try because the people we love deserve it.

Some of the best methods I have encountered have been letters expressing my feelings (yeah, you have to be in the right mood for that), a gift that only makes sense to that person because of personal history (I have a friend where a snow globe = LOVE), a phone call sometimes not on that special day but beforehand saying what you will be doing to celebrate your connection on that day.

At the Airman and Family Readiness Office, we seek to help you keep that communication alive so you continue to feel the love. *How can we help you?*

There's nothing better than a good friend, except a good friend with chocolate.

Linda Grayson

10 Commandments for Feeding Your Kids

From the sparkpeople.com webpage

1. Thou shalt not force, bribe or coerce thy child to eat.
2. Thou shalt set a good example by eating at least five fruits and vegetables, three whole grain products, and three dairy servings per day thyself.
3. Thou shalt make mealtimes pleasant.
4. Thou shalt encourage thy child to help in meal planning, preparation, and cleanup.
5. Thou shalt back off when mealtime becomes a power struggle.
6. Thou shalt accept food "binges" as phases that will pass
7. Thou shalt accept the fact that thy child is an individual and thus will dislike certain foods (and there may be many!).
8. Thou shalt not give up on introducing thy child to new foods. Thou shalt realize it sometimes takes ten tries to get a child to accept a food.
9. Thou shalt use this division of responsibility for eating: As the parent, thou art responsible for deciding when and what to serve. Thy child is responsible for deciding how much (if any) will be eaten.
10. Thou shalt give thy child a multivitamin-mineral supplement if he is a picky eater.



How Military Spouses Were Created (author unknown)

The good Lord was creating a model for military spouses and was into his sixth day of over-time when an angel appeared. She said, Lord, you seem to be having a lot of trouble with this one.

What's wrong with the standard model?

The Lord replied, Have you seen the specs on this order? They need to be completely independent, possess the qualities of both father and mother, be a perfect host/hostess to four or 40 with an hour's notice, run on black coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully, even if they are pregnant and have the flu; and they must be willing to move to a new location 10 times in 17 years. And, oh yes, they must have six pairs of hands.

The angel shook her head. Six pairs of hands? No way.

The Lord continued, Don't worry, we will make other military spouses to help them. And we will give them an unusually strong heart so it can swell with pride in their spouse's achievements, sustain the pain of separations, beat soundly when it is over-worked and tired, and be large enough to say, 'I don't understand', when they don't, and say, 'I love you', regardless.

Lord, said the angel, touching his arm gently, Go to bed and get some rest. You can finish this tomorrow.

I can't stop now, said the Lord. I am so close to creating something unique. Already this model heals themselves when they are sick, can put up six unexpected guests for the weekend, wave good-bye to their spouses from a pier, a runway or a depot, and understand why it's important that they leave.

The angel circled the model for military spouses, looked at it closely and sighed, It looks fine, but it's too soft.

they might look soft, replied the Lord, but they have the strength of a lion. You would not believe what they can endure.

Finally, the angel bent over and ran a finger across the cheek of the Lord's creation. There's a leak, she announced. Something is wrong with the construction. I am not surprised that it has cracked. You are trying to put too much into this model.

The Lord appeared offended at the angel's lack of confidence. What you see is not a leak, he said. It's a tear.

"A tear? What is it there for? asked the angel.

The Lord replied, It's for joy, sadness, pain, disappointment, loneliness, pride, and a dedication to all the values that they and their spouses hold dear.

You are a genius! exclaimed the angel.

The Lord looked puzzled and replied, I didn't put it there.

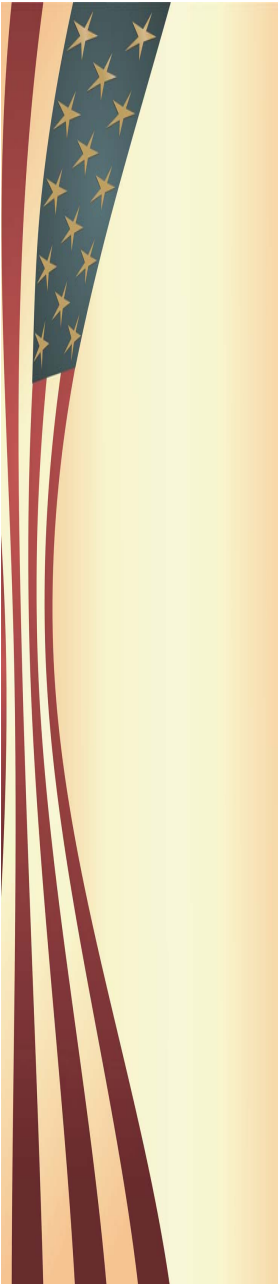


Mrs Donna Bupp receives the Family of the Year trophy in 2006's Family Day while her husband, MSgt Shawn Bupp, was deployed.

I would never say military spouses are better or worse than other spouses are. But I will say there is a difference. And I will say that our country asks more of military spouses than is asked of other spouses. And I will say, without hesitation, that military spouses pay just as high a price for freedom as do their active duty husbands or wives. Perhaps the price they pay is even higher. Dying in service to our country isn't near as hard as loving someone who has died in service to our country, and having to live without them.

Words from poem by Col Steven Arrington, 17th Training Wing Vice Commander, Goodfellow AFB, TX

MILITARY SPOUSES APPRECIATION DAY



The Friday before Mother's day each year has been set aside to honor Military Spouses. The purpose of this special day is to thank military spouses for the support they give to their family and other military families, to honor their contributions to the communities where they live and to acknowledge the sacrifices they make every day in support of their military member and our country. Both mothers and fathers face the daily challenges of military life that often include deployments, family separations, and frequent moves. These spouses are the ones left "holding down the fort" allowing our military members to successfully complete their missions and not worry about their family at home.

We are in a new era where the resiliency of the military spouse is needed more than ever, as concerns about the war on terrorism pose new challenges for the homeland military spouse and increased risk for those overseas. Please take some time this May to celebrate the accomplishments of your local military spouses and thank them for accepting the challenges of being a military spouse. The following links and resources will help you learn about the role of the military spouse and how to support them.

LINKS FOR MILITARY SPOUSES

- The [Air Force Crossroads Spouse Network](http://www.afcrossroads.com/spouse/main.cfm) (<http://www.afcrossroads.com/spouse/main.cfm>) provides a means of communication and access to resources and information Air Force wide on a variety of topics affecting spouses and their families.
- The life of a Stay At Home Father is very different from the everyday life of other fathers. [Fatherville](http://fatherville.com/) (<http://fatherville.com/>) is an online community where fathers from all walks of life can learn from one another. It's only by relating our own personal tips, tricks and traps that we can learn about some of the pitfalls to be avoided.
- Military OneSource (<http://www.militaryonesource.com>) provides all kinds of practical support information for military spouses and family members.
- [SGT Mom's](http://www.sgtmoms.com/home.asp) (<http://www.sgtmoms.com/home.asp>) is a non-official site designed and maintained by a military wife. There are a variety of resources including poems, links, news, and support groups.
- The Cleveland USO site has information for supporting our folks and their families (<http://www.usocleveland.org/>) This includes special deals and programs! Info courtesy of militaryhomefront.com

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SrA Jessica Walker, 910 MSF, feels the love as she works at her deployed location.



We're on the Web!



The mission of the Youngstown ARS Airman & Family Readiness Office is to provide individuals, family members & leadership with services which

- **strengthen communities**
- **promote self-sufficiency**
 - **enhance readiness**
- **promote successful adaptation to the military way of life**

Happy Mothers Day

- Mother's Day is always celebrated on the second Sunday of May
 - This year it is May 13th
- Mother's Day is the second most popular holiday for gift giving after Christmas
 - Americans will send more than 150 million Mother's Day cards
 - About 70% of American households celebrate Mother's Day

FEEDBACK:

The inevitable result when the baby doesn't appreciate strained carrots.

STOREROOM: The distance required between supermarket aisles so that children in shopping carts can't reach anything.

HEARSAY:

What toddlers do when anyone mutters a dirty word.